



NEWS RELEASE

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FOR IMMEDIATE RELEASE

City of Las Vegas May 2006 Senior Activities

(All activities are subject to change. List is not all-inclusive. Call centers near you for complete list of classes and activities. Most require \$2 annual membership to City of Las Vegas Senior Programs.)

Sports Galore (all ages)

Fees: vary; some are free with \$2 annual membership.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Dula offers bowling at Texas Station; pickle ball, table tennis, bocce, golf, paddle tennis, open basketball, basketball leagues, volleyball, hiking and weight training. Call for days and times.

Municipal Pool Activities (ages 2-adult)

Municipal Pool, 431 East Bonanza Road, (702) 229-6309.

Available activities year-round include first aid and lifesaving; water safety and lifeguard training for instructors; learn-to-swim classes, water aerobics, arthritis water exercise, and aquatic therapy for stroke patients and those with other functional deficits. Fees vary.

Tae Kwon Do (ages 50+)

Fridays, 11 a.m. to noon

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Open Table Tennis (ages 50+)

Mondays and Wednesdays, 9 to 11 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Monday through Friday, noon to 2 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Mondays and Wednesdays, 8:30 to 11:30 a.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Paddle Tennis (ages 50+)

Mondays, Tuesdays and Thursdays, 7:39 to 9:30 a.m.

Veterans Memorial Leisure Services Center, 101 North Pavilion Center Drive, (702) 229-1100.

Free Bocce & Horseshoes (ages 50+)

Bocce Mondays and Wednesdays, 10 a.m. to noon

Horseshoes Tuesdays and Thursdays, 10 a.m. to noon

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

TOPS (Take Off Pounds Sensibly) (ages 50+)

Thursdays at 9:30 a.m. This support group helps participants with their weight loss programs.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Thursdays, 8 to 10 a.m., Free

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

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Compulsive Eaters Anonymous (ages 50+)

Mondays and Tuesdays, 9:30 to 11 a.m. or Thursdays 2 to 3:30 p.m.

Fee: To be determined

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Twelve-step program for compulsive eaters.

Free Nutrition and Diet Classes (ages 50+)

Mondays at 11 a.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Senior Singles Social (ages 50+)

1st Wednesdays each Month, 1:30 to 3 p.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Free Senior Singles Mingle Club (ages 50+)

1st Wednesday each Month at 2 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Meet new people and join fellow singles to socialize and attend functions.

Red Hat Society (ages 50+)

Days and times vary. Call center nearest you to learn what group meetings are available.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Daughters of the Utah Pioneers Meetings

2nd Monday of the Month at noon

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Community Gardens (ages 50+)

Doolittle Senior Center Community Garden, 1200 block of Blankenship, (702) 229-6125.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Work in the community gardens to reap benefits of fresh vegetables, fruits and flowers.

Free Woodcarving and Wood-burning Group (ages 50+)

Tuesdays, 10 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Nimble Thumbs Knitting/Crochet Club (ages 50+)

Wednesdays, 11 a.m. to 1 p.m.

Free with senior membership card.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Work on individual projects while socializing with friendly group of creative knitters and crocheters.

Free Teddy Bear Club (ages 50+)

Wednesdays at 12:30 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Call for information or just drop in.

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Sewing 101 (ages 50+)

Tuesdays, 10 a.m., beginning April 4.

Fee: \$3 per class. Bring your sewing supplies.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Sewing Lessons with Lillian (ages 50+)

Wednesdays 12:30 to 2 p.m. and Saturdays 2 to 3:30 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Bring your sewing machine or use ours. Learn to sew, use a pattern and more. Bring material to make something new or anything that needs work.

Porcelain Doll-making Class (ages 50+)

Tuesdays, 1 p.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Acrylic Painting with Colin Pringle (ages 50+)

Mondays, 9 a.m. to noon

Fee: \$5 per class. Register in advance and pick up supply list.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Oil Painting and Watercolor Classes (ages 50+)

Thursdays at noon for Watercolor; Fridays at 9 a.m. for Oil Painting

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Oil Painting Classes (ages 50+)

Tuesdays, 1 to 3 p.m.

Fee: \$3 per class

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Watercolor Classes (ages 50+)

Fridays, 11:30 a.m. to 1:30 p.m.

Fee: \$3 per class

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free-style Drawing (ages 50+)

Fee: \$3 per class

Mondays, 1 p.m., at Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Mondays, 10 a.m. to noon, Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Thursdays, 1 p.m., at

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Wax In-lay Beading (ages 50+)

Fee: \$3 per class, plus materials.

Thursdays at 9:30 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Create works of art from eggs, gourds and masks using beads, wax, a stick and creativity.

Tuesdays, 1 to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

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Ceramics (ages 50+)

Thursdays, 1:30 to 3:30 p.m.

Fee: \$3 per class, plus materials

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Make vases, figurines, plates, holiday items and more. Learn every aspect of ceramics from greenware to glazing. All skill levels welcome at any time.

Free Dominoes (ages 50+)

Wednesdays at 10 a.m., Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Weekdays 8:30 a.m. to 5 p.m., Saturdays 9 a.m. to 5 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Mah Jongg (ages 50+)

Fridays at noon

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Scrabble Club (ages 50+)

2nd and 4th Wednesdays of each month at 12:30 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Use our board or bring your own and test your skills against other Scrabble fans.

2nd Friday of each Month at 12:30 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Pinochle Class (ages 50+)

Mondays and Wednesdays, 1 to 3 p.m. Call for start date of next class.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Card Playing (ages 50+)

Duplicate Bridge clubs meet Mondays, Wednesdays and Saturdays. New members are welcomed.

Family-style Bridge club meets Fridays. Call for information and help forming new partnerships.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Double-deck Pinochle weekdays 8:30 a.m. to 5 p.m., Saturdays 9 a.m. to 5 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Canasta Mondays and Wednesdays from 12:30 to 4 p.m.

Cribbage Tuesdays and Thursdays from 10 a.m. to 4 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Bridge Club on Mondays from noon to 3 p.m.

Pinochle Club on Wednesdays and Fridays from noon to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Bingo (ages 50+)

Tuesdays, Thursdays and Saturdays at noon

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Pick up your favorite bingo cards and play for prizes

Free Bingo for Fun & Small Prizes

Tuesdays, 10 a.m.; 10 games.

Veterans Memorial Leisure Services Center, 101 North Pavilion Center Drive, (702) 229-1100.

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Guitar Classes (ages 50+)

Mondays, 1 to 2 p.m.,

Fee: \$4 per class

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Guitar Lessons (ages 50+)

Mondays, through May 22, 8 to 9:30 a.m.

Fee: \$20. Pre-registration and pre-payment required.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Guitar Classes (ages 50+)

Thursdays, 1 p.m. and 2:30 p.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Sing-A-Long with Las Vegas Fun Time Singers (ages 50+)

Fridays, 1 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Weekly Saturday Night Dance with Boyd Coulter's Good Times Band

Saturdays, 6:30 to 9:30 p.m.

Fee: \$3 per person

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Oldies Music Enjoyment (ages 50+)

3rd Saturday each Month from 1 to 3 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Enjoy playing name that tune, hearing and exchanging old favorite songs, albums, tapes and CDs.

Clogging (ages 50+)

Wednesdays at 10 a.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Western Line Dancing (ages 50+)

Tuesdays at 1 p.m.

Fee: \$3 per class. First three lessons are free to all new students.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Country Western Line Dancing (ages 50+)

Mondays, 10 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Soul Line Dancing (ages 50+)

Fridays, 11 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Ballroom Dancing Lessons (ages 50+)

Thursdays, 1 to 3 p.m.

Fee: \$5 per class

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

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Ballroom and Swing Dance (ages 50+)

Wednesdays, 1 to 3 p.m.; Saturdays, 2 to 4 p.m.

Fee: \$5 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Hula Dancing Lessons (ages 50+)

Mondays at 4 p.m.

Fee: \$5 per class

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Gotta Dance Class (ages 50+)

Fridays, 1 to 2 p.m.

Fee: \$3 per class. No partner needed. Learn a variety of dance styles in line-dance format.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

The Yin & Yang of Self (ages 50+)

Mondays, 11 a.m. to 12:30 p.m.

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Explore life's physical, emotional, mental and spiritual aspects.

eBay Classes (ages 50+)

Introduction to eBay – Thursdays, 9 to 10:30 a.m., beginning April 6.

eBay Savvy – Thursdays, 10:30 a.m. to noon, beginning April 6.

Fee: \$20 for four-week course. Pre-registration required.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Part I: Introduction and Buying Techniques – Tuesdays, 12:30 to 2 p.m.

Part II: Selling Techniques – Tuesdays, 2 to 3:30 p.m. (Part I is prerequisite.)

Fee: \$20 for four-week course.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Open Computer Lab (ages 50+)

Monday, Wednesday and Friday, 8 a.m. to 5 p.m.; Tuesday and Saturday, 8:30 a.m. to noon. Closed Thursday. Senior center membership required.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Mondays, Thursdays, Saturdays and Sundays, 8 a.m. to 9 p.m.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Mondays, Thursdays, Fridays, 1:30 to 3:30 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Thursdays, 9 a.m. to 2 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Monday through Friday, 8 a.m. to 4 p.m., except during computer classes.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

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Computer Classes (ages 50+)

Basic Computers and Word for Beginners, Tuesday and Thursday, 1 to 2:30 p.m.
 Intermediate Computers – Internet and E-mail, Tuesday and Thursday, 3 to 4:30 p.m.
 Fee:\$15 each for a four-week course. Classes begin April 4. Pre-registration required.
 Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Level I Computer Basic Operations, Hardware, Windows XP; 12-hour course, Fridays, 2-3 p.m.
 Level II Computer Microsoft Word, Excel and Internet; 12-hour course, Saturdays, 2-3 p.m.
 Fee: \$15/month. Classes start at the beginning of each month. Pre-registration required.
 Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Level I for Beginners, Mondays and Wednesdays, 10 to 11:30 a.m.
 Level II Intermediate Class, Mondays and Wednesdays, 11:45 a.m. to 1:15 p.m.
 Level III Advanced Class, Mondays and Wednesdays, 1:30 to 3 p.m.
 Fee: \$15 per four-week course. Classes start at the beginning of each month. Register in advance.
 East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Introduction to Computers, Tuesdays, noon to 2 p.m.
 Beginning Word, Tuesdays, 2 to 4 p.m.
 Intermediate Word, Wednesdays, 9 to 11 a.m.
 Advanced Word, Wednesdays, 11 a.m. to 1 p.m.
 Internet, Wednesdays, 1:30 to 3:30 p.m.
 Fee: \$25/month. Classes start at the beginning of each month.
 Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Microsoft Word, Tuesdays and Thursdays, 9:30 to 10:30 a.m.
 Introduction to Windows, Tuesdays and Thursdays, 11 a.m. to noon.
 Introduction to Computers, Wednesdays, 1 to 3 p.m.
 Fee: \$6 for three-week session, payable in advance. Classes begin at the start of each month.
 Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Low-Impact Aerobics (ages 50+)

Tuesdays and Thursdays, 9 a.m.
 Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

In Balance Training with Doris (ages 50+)

Tuesdays, 11 a.m. to noon
 Fee:\$3 per class. A mixture of yoga, pilates, Feldenkries, resistance bands, weights and chi ball.
 Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Stability Ball Training with Doris (ages 50+)

Tuesdays, Wednesdays and Thursdays, 9 a.m.
 Fee: \$2 per class. A mix of aerobics, yoga, pilates, meditation, light weights and more.
 Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Fitness After 50 Aerobics with Mary Lou (ages 50+)

Mondays and Fridays, 9 a.m.
 Fee: \$2 per class
 Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Heart-Rite Cardio Exercise (ages 50+)

Mondays, 8:30 to 9:30 a.m.
 Fee: \$3 per class. Aerobic exercise to improve cardiovascular fitness.
 Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Mat Pilates Class (ages 50+)

Thursdays, 11 a.m. to noon

Fee: \$18 for six-week class.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Tai Chi (ages 50+)

Tuesdays and Thursdays, 9 a.m.

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Wednesdays at 2 p.m.

Fee: \$3 per class. Pre-registration required.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Fridays, 11 a.m. to noon

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Personal Training Fitness Assessments (ages 50+)

Mondays and Tuesdays, by appointment. Call 229-1600 for appointment.

Fee: \$10.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Jennifer Rose Campbell, B.S., will assess your fitness level, blood pressure, resting heart rate and cardiovascular health, help you set fitness goals and give a resistance training session at the Mirabelli Community Center next door.

Circuit Training Exercise Class (ages 50+)

Wednesdays, 9 to 10:30 a.m., except last Wednesday of each month.

Fee: \$3 per class.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Learn the proper use of exercise machines, using a circuit-training format for increased heart rate and weight loss. Instructor Jennifer Rose Campbell, B.S.

Fitness Room (ages 50+)

Monday through Friday, 8:30 a.m. to 5 p.m., Saturdays, 9 a.m. to 5 p.m.

Free with center membership

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Equipment includes gazelle, treadmills, bicycles and Universal weight machines.

Free Senior Weight Lifting and Strength Training (ages 50+)

Tuesdays and Thursdays, 10 to 11 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Strength Training Class (ages 50+)

Mondays, Wednesdays and Fridays, 9 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Strength and Flexibility Training (ages 50+)

Tuesdays, 8:30 to 9:30 a.m. and Thursdays, 1 to 2 p.m.

Fee: \$1 per class. Increase flexibility for greater range of motion and strength using hand weights.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Mat and Stand up Exercise (ages 50+)

Mondays, Wednesdays and Fridays at 9 a.m.

Fee: \$1 per class. Use light weights to build strength and endurance.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Hot to Trot Walking Club (ages 50+)

Monday through Friday, 6 to 7:30 a.m. Walking track is inside climate-controlled gymnasium.
Veterans Memorial Leisure Services Center, 101 North Pavilion Center Drive, (702) 229-1100.

Free Walk To Be Fit Group (ages 50+)

Wednesdays, 8 to 9 a.m.
Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.
Walk in beautiful Lorenzi Park with new friends to improve your fitness.

Free Walking Group (ages 50+)

Tuesdays and Thursdays at 8 a.m. in the center's air-conditioned ballroom.
East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Walk & Talk Walking Club (ages 50+)

Monday through Friday at 8 a.m.
Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Chair Fitness Class (ages 50+)

Tuesdays and Thursdays, 10 a.m.
Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Chair Exercise with Kelly (ages 50+)

Mondays, Wednesdays and Fridays at 10 a.m.
Fee: \$1 per class
East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Yoga (ages 50+)

Mondays, Wednesdays, Fridays at 9 a.m.
Fee: \$3 per class
Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Hatha Yoga with Deborah (ages 50+)

Mondays, noon to 1:30 p.m.
Fee: \$5 per class
Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Humanities Discussion Group (ages 50+)

Thursdays at 10 a.m.
Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.
Enjoy a wide variety of speakers and topics.

Free Doolittle Senior Book Club (ages 50+)

4th Thursday each Month, 2 p.m.
Doolittle Senior Center, 1950 North J Street, (702) 229-6125.
Enjoy reading and lively discussions about a different book each month.

Language Classes (ages 50+)

French Tuesdays at 3 p.m.; Japanese Tuesdays at 4 p.m.; Beginning Spanish Fridays at 8:45 a.m.
Intermediate Spanish Fridays at 10 a.m.
Fee: \$3 per class
Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

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Creative Writing for Pleasure (ages 50+)

Wednesdays, 1 to 3:30 p.m.

Fee: \$4 per class or 3 classes for \$10. Instructor Terrisa Meeks.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Writing for Pleasure (ages 50+)

Fridays, 10 a.m. to noon

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Beginning Spanish (ages 50+)

Tuesdays, 10 to 11:30 a.m.

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Free Cooking Workshops (ages 50+)

2nd Thursday of each month, 4:30 to 5:30 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Learn to cook low-fat, healthy recipes. Register in advance.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Breakfast Nook (ages 50+)

2nd Wednesday of the Month, 8:30 to 10 a.m.

Fee: \$2

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Hamburger Tuesday (ages 50+)

Tuesdays, 11 a.m. to 1 p.m.

Fee: \$2

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Enjoy a quarter-pound sirloin burger, grilled onions, chips and drink.

Healthy Lunch (ages 50+)

Monday through Friday, 11:30 a.m. to noon

Fee: \$2

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Nutritious Lunch Program (ages 50+)

Monday through Friday at 11:30 a.m.

Fee: \$2. No reservation needed.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Monthly Birthday Party (ages 50+)

4th Thursday of each Month, 11:45 a.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Free Birthday Club (ages 50+)

Last Friday each month at 1 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Celebrate each month's birthdays with a slice of cake and entertainment by the Fun Time Singers.

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Free Healthy Living Class (ages 50+)

2nd Thursday each month, 10 a.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Learn about weight loss, healthy living and tips for diabetics.

Seniors in Motion Red Rock Walkers' Hike (ages 50+)

Tuesday, May 2, 8:30 a.m. departure

Fee: \$1

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Bring lunch and water.

Free Reverse Mortgage – Facts and Fallacies Workshop

Tuesday, May 2, 9 a.m. to noon. Light lunch provided. Reservation required.

Northwest Senior Center, 6841 West Lone Mountain Road, (702) 229-4794.

Pancake Breakfast

Thursday, May 4, 9 a.m.

Fee: \$2

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Free Blood Pressure Check

Thursday, May 4, 9:30 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Health Is Wealth Lecture #11 (ages 50+)

Thursday, May 4, 1 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Retired pharmacist and nutritionist Fred Greenberg will discuss foods, vitamins, minerals essential for good health, ways to improve vitality and live healthier.

Free Senior Law Project Outreach Legal Counseling (ages 60+)

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Friday, May 5, 9 to 11 a.m., by advance appointment. Call 229-6596 for appointment.

Northwest Explorers Hike at Red Rock (ages 50+)

Friday, May 5, 9 a.m. to 3 p.m.; check-in at 8:30 a.m. Registration begins April 17.

Fee: \$1. Pre-registration required. Bring lunch, water, sunscreen, appropriate footwear and clothing.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Trail Dusters Hike in Red Rock (ages 50+)

Friday, May 5, 9 a.m. to 2:30 p.m. Advance registration required.

Fee: \$1. Bring lunch, water, sunscreen, hat and camera.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Cinco de Mayo Luncheon

Friday, May 5, 11:30 a.m.

Fee: \$5

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Cinco de Mayo Luncheon

Friday, May 5, 11:30 a.m.

Fee: \$5

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

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Cinco de Mayo Fiesta Luncheon

Friday, May 5, 11 a.m. Lunch served at 11:30 a.m.

Fee: \$3. Reservations required two days prior to event.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Cinco de Mayo Terrific Tacos Luncheon

Friday, May 5, 12:30 p.m.

Fee: \$5 in advance, \$7 at the door. Tickets on sale April 7.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

First Friday in the Arts District

Friday, May 5, 5 to 10 p.m.

Fee: Cost of Dinner

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Enjoy Main Street Station buffet dinner and the Arts District for an evening of art, fun and friends.

2nd Annual Viva el Cinco Celebration

Friday, May 5, 5 to 8 p.m.

Fee: \$2.

Charleston Neighborhood Preservation Park, Hyde Avenue west of Torrey Pines, (702) 229-1600.

Bring the family to enjoy games, rides, Mexican food vendors and lots of fun.

Free Blast from the Past – 30th Anniversary Celebration

Saturday, May 6, 10 a.m. to 2 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Enjoy free historical displays and entertainment. Free barbecue and drinks while supplies last.

Free Artists' Reception for Nana & Me – A Celebration of the Art of Sheila & Page Emily Spargo

Saturday, May 6, 1 to 3 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Nana & Me – A Celebration of the Art of Sheila & Page Emily Spargo Exhibit at Twin Lakes Gallery

Monday through Friday, May 6 to 31, 9 a.m. to 3 p.m.

Fee: Free

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

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AARP 55 Alive/Mature Driving Program (ages 50+)

Fee: \$10; Pre-registration required. Must attend both sessions. Call 257-9555 to register. Nevada law allows for a discount on auto insurance premiums when course is successfully completed.

Monday, May 8, 8 a.m. to 4 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Tuesday, May 9, 9 a.m. to 5 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Monday and Tuesday, May 15-16, 9 a.m. to 1 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Monday and Tuesday, May 15-16, 5 to 9 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454

Wednesday and Thursday, May 17-18, noon to 4 p.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Wednesdays, May 17 & 24, 1 to 5 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454

Laughlin Trip (ages 50+)

Tuesday, May 9, 7 a.m. to 4 p.m.

Fee: \$1

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Enjoy a bus trip to Laughlin, free buffet, walk along the river, visit casinos and shop.

Free Maintaining Your Air Conditioner Workshop

Tuesday, May 9, 1 p.m. Includes light refreshments.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Bunco

Wednesday, May 10, 1 to 3:30 p.m.

Fee: \$1 per session

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Free Quarterly Chat with Councilman Ross

Thursday, May 11, 10 to 11:30 a.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Park Ambassadors Meeting (ages 50+)

Thursday, May 11, 9 a.m. special session to package Easter baskets for UMC oncology program.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Volunteers are needed to greet visitors, distribute information and report maintenance needs. Call 229-4924 for information.

Pancake Breakfast

Thursday, May 11, 9:30 to 11:30 a.m.

Fee: \$2

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

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Free Bingo Hobo Party

Tuesday, May 11, 12:30 to 1:30 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Dress in hobo outfit to compete for best costume, win bingo prizes, enjoy cake and ice cream.

Free Senior Law Project Outreach Legal Counseling (ages 60+)

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Friday, May 12, 9 to 11 a.m., by advance appointment. Call 229-6596 for appointment.

Free Card Tournament

Friday, May 12, 10 a.m. to 1 p.m. Pre-registration required.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Bring your partner and compete for prizes in our duplicate bridge and pinochle tournament.

Mother's Day Brunch

Friday, May 12, 10:30 a.m.

Fee: \$5

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Fish Fry

Friday, May 12, 11:30 a.m.

Fee: \$6

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Amputee Coalition of Nevada Seminar (ages 50+)

Friday, May 12, 1 to 3 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Cardio-pulmonary Resuscitation (CPR) and First-Aid

Saturday, May 13, 10 a.m. to 1 p.m.

Fee: \$25.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Learn cardio-pulmonary resuscitation and basic first-aid. Receive a two-year certification accepted by Clark County School District. Register in advance.

South of the Border Dance

Saturday, May 13, 6:30 to 9:30 p.m.

Fee: \$3

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Day of Pampering

Wednesday, May 17, 10 a.m. to 1 p.m.

Fee: \$5

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Be pampered in a spa-like environment. Light refreshments included. Reservations required.

Free Bunco Club

Wednesday, May 17, 1 to 3 p.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

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Free USAF Band of the Golden West Concert

Wednesday, May 17, 6 to 8 p.m.

Doolittle Park, 1950 North J Street, (702) 229-6125.

Bring lawn chairs and refreshments to enjoy this 45-piece concert band. No glass or alcohol, please.

Seniors in Motion Red Rock Short Hike (ages 50+)

Thursday, May 18, 8:30 a.m. departure

Fee: \$1

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Bring lunch and water.

Broadacres Swap Meet

Friday, May 19, 8 a.m.

Fee: \$2

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Broadacres Swap Meet

Friday, May 19, 8 a.m.-noon

Fee: \$1

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Senior Law Project Outreach Legal Counseling (ages 60+)

Friday, May 19, 9 to 11 a.m., by advance appointment. Call 229-6596 for appointment.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Pioneer Tour of Valley's Historic Sites

Friday, May 19, 10:30 a.m. to 3:30 p.m.

Fee: \$2 registration fee. Registration begins May 5.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Kentucky Derby Day Luncheon

Friday, May 19, 11 a.m.

Fee: \$3

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Ladies, wear your bonnets in honor of the country's oldest horse race. The most colorful bonnet wins a prize. Reservations required at least two days prior to event. Lunch served at 11:30 a.m.

Free 15th Annual 90-Plus Banquet

Saturday, May 20, 4:30 to 6:30 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Invitation only for those age 90 years and older, plus one guest each. If you know someone who qualifies, please call so an invitation may be sent.

Free Vision Screening

Tuesday, May 23, 9 to 10:30 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Shepherd Eye Center technicians will check your vision and your eyes for cataracts and glaucoma.

Limited appointments. Register in advance.

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Free Pulmonary Health Screening (ages 50+)

Wednesday, May 24, 10 a.m. to noon

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Staff from Respiratory Associated Services, an outpatient rehabilitation facility, will explain their services, check your oxygen levels to assess the need for respiratory rehabilitation, and counsel you on your test results.

Nellis Air Force Base Tour

Wednesday, May 24, 10 a.m.

Fee: \$1

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Shuffleboard (ages 50+)

Thursday, May 25, 9 a.m.

Fee: \$1. No partner needed, but please pre-register.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Free Monthly Birthday Party

Thursday, May 25, 11:45 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Enjoy cake and ice cream as we celebrate May birthdays together.

Bunco

Thursday, May 25, 1 to 3:30 p.m.

Fee: \$1 per session

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Memorial Day BBQ & Park Beautification Luncheon

Friday, May 26, 11:30 a.m.

Fee: \$5

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

French Toast Breakfast

Tuesday, May 30, 9:30 to 11:30 a.m.

Fee: \$2

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Downtown Redevelopment Lecture

Wednesday, May 31, 12:30 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

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